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*Welcome to the 3rd issue, Volume 2, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

Foundation News & Updates

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Conscious Living

*The Fundamental Things **

"The art of living... is neither careless drifting on the one hand nor fearful clinging to the past on the other. It consists in being sensitive to each moment, in regarding it as utterly new and unique, in having the mind open and wholly receptive." ~ Alan Wilson Watts

"By believing passionately in something that still does not exist, we create it. The nonexistent is whatever we have not sufficiently desired." ~ Franz Kafka

Some Observations

#1 Before we came to this world, we have already signed agreements on how to experience it in this world and in this lifetime. We do not realize it right away, but when we awaken, we will see, all the past experiences of pain and pleasures were already scripted. Everything was pre-arranged so that we may evolve.

"All the world's a stage" By William Shakespeare

All the world's a stage,

And all the men and women merely players;

*They have their exits and their entrances;
And one man in his time plays many parts,
His acts being seven ages.
At first the infant, Mewling and puking in the nurse's arms;
And then the whining school-boy, with his satchel
And shining morning face, creeping like snail
Unwillingly to school.
And then the lover,
Sighing like furnace, with a woeful ballad
Made to his mistress' eyebrow.
Then a soldier, Full of strange oaths, and bearded like the pard,
Jealous in honour, sudden and quick in quarrel,
Seeking the bubble reputation
Even in the cannon's mouth.
And then the justice, In fair round belly with good capon lin'd,
With eyes severe and beard of formal cut,
Full of wise saws and modern instances;
And so he plays his part. The sixth age shifts
Into the lean and slipper'd pantaloon,
With spectacles on nose and pouch on side;
His youthful hose, well sav'd, a world too wide
For his shrunk shank; and his big manly voice,
Turning again toward childish treble, pipes
And whistles in his sound.
Last scene of all, That ends this strange eventful history,
Is second childishness and mere oblivion;
Sans teeth, sans eyes, sans taste, sans everything."*
~ *As You Like It, Act II, Scene VII [All the world's a stage]*
William Shakespeare, 1564 - 1616

2 We experience life by contrast. In this world, we experience pain and pleasure.

"The world is so constructed, that if you wish to enjoy its pleasures, you must also endure its pains. Whether you like it or not, you cannot have one without the other" ~Swami Brahmananda

#3 We cannot hold on to anything in this world. It is fleeting.

Thus shall you think of all this fleeting world: A star at dawn, a bubble in a stream; A flash of lightning in a summer cloud, a flickering lamp, a phantom, and a dream. ~Diamond Sutra

#4 We are in a dream world, literally..

We live in illusion, and the appearance of things. There is a reality, we are that reality. When you understand this, you see that you are nothing and being nothing, you are everything. That is all~Kalu Rinpoche

#5 We are all One.

Life is a journey we agreed to undertake, to experience and to evolve. All the journeys, in many lives and in many lifetimes, from the One to the many, we forget.

#6 All Roads Lead to God

No matter how often we choose to be reborn, all roads lead to God.

7 Suffering is a consequence of identifying with the body. You are not your body, you are not your thoughts, you are not your feelings. You are the silent witness of it all, the witness witnessing the dance of illusion in this phenomenal world.

"You have seen that the universe is at root a magical illusion and a fabulous game, and that there is no separate "you" to get something out of it, as if life were a bank to be robbed. The only real "you" is the one that comes and goes, manifests and withdraws itself eternally in and as every conscious being.

For "you" is the universe looking at itself from billions of points of view, points that come and go so that the vision is forever new." ~ Alan Watts

** "Without a serene, pure and firm heart, the truth cannot be grasped directly as it is. A brilliant intellect may discourse about it, as to it's realization, a disciplined mind is required." in "Essays in Zen Buddhism" by Daisetsu Teitaro Suzuki.*

Alan Watts was a British Writer who immigrated to America in 1938. To read more about Alan Watts and his work, please click [here](#)

Franz Kafka was a German speaking author who was born in Prague. To learn more about him, please click [here](#)

Philanthropy

Notable Philanthropists: Kirk Douglas

When Kirk Douglas, legendary screen icon of 'Spartacus ' fame passed away on February 5, 2020 at the age of 103, he left the bulk of his fortune to charity.

Kirk Douglas' \$61M fortune given mostly to charity, none went to son Michael Douglas

<https://www.foxnews.com/entertainment/kirk-douglas-fortune-charity-michael-none>

Business Insights*

Fundamentals of Being in Business

Business Ideas :

[18 Compelling Reasons to Start a Business](#)

[10 Steps to Becoming a Solopreneur](#)

[20 Most Profitable Small Farm Ideas in 2019](#)

Business Perspectives

[Why Spanx founder Sara Blakely hid her billion-dollar business idea from friends and family for a year](#)

[Bad grades? I'm proof you can beat them and become a success](#)

Commentary

Follow your passion, find your niche.

[Op-Ed: How to reinvent yourself during a mid-career crisis](#)

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